

# Postpartum Workout Plan

	Exercise	Reps	Stretches
Day 1	Exercise Ball Breathing	10 breaths	Downward dog
	Supine Breathing	10 breaths	Childs pose
	Sidelying TA Bracing	30 seconds	Cat cow
	TA March	20 (total)	Runners stretch
	Rolling Bridge	10	Pigeon pose
Day 2			Book opener
	Supine Breathing	10 breaths	Downward dog
	Quad TA Bracing	10 breaths	Childs pose
	Bent Knee Fall Out	20 (total)	Spinal twist
	Clamshell with Bracing	20 (total)	Runners stretch
Day 3	Deadbug-Arms only	20 (total)	Leg lift with strap
			Towel chest opener
	Exercise Ball Breathing	10 breaths	Downward dog
	TA March	20 (total)	Childs pose
	Rolling Bridge	10	Door frame stretch
Day 4	One Leg Bridge Extension	10	Figure 4 stretch
	Clamshell with Bracing	20 (total)	Butterfly stretch
			Seated neck release
	Supine Breathing	10 breaths	Downward dog
	Quad TA Bracing	10 breaths	Childs pose
	Deadbug-Arms only	20 (total)	Cat cow
	Hip Hike	10	Runners stretch
	Wall Plank	30 seconds	Pigeon pose
			Chest opener